

Spirit Awards - Kindness??

Spirit Spot winners

Term 1 Week 5 – Ethan and Zarlei

Parent Meetings

This week, please arrange a time to discuss your child/children's learning and return to school.

Friday Library - fun reading

Each Friday afternoon our students will participate in library lessons with Shelley and Belinda, our wonderful school volunteer and cleaner. Students are encouraged to view different books and select a book to borrow.

During the week, parents are encouraged to share and enjoy your child's library book. On Friday, the book will be returned to school and students will select another book to borrow.

Active OOSH Bus Service

The Active OOSH bus service is set to continue in 2025 with Matt driving the OOSH bus to and from Cundletown PS OOSH.

Please call Rikki at Head office with any questions about enrolment and bookings on:
02 6554 8905

Enrolment and Bookings: <https://www.activeoosh.com.au/enrol-now>

Easter Hat

This year our Easter Hat parade will be held on **Friday 11 April 2025 at 1.45pm.**

Parents + grandparents will be invited to help their child/children make their Easter hat on **Wednesday April 9.** Please start collecting "bibs and bobs" for your child's Easter hat.

Swimming Champs

Hazel, Zarlei and Hugo participated in the Lansdowne District Small Schools swimming carnival. Hugo was awarded a medal for 11 years old 50m freestyle champion and Zareli received a ribbon for 25m. Well done!

Key Dates Term 1

Weeks 1-10

Tuesdays - Music with Matty Zarb ACMF 9-10am

Thursdays - Athletics with Daniel Seaman from Gecko Sports 2-3pm

Fridays - Yoga with Michael and library borrowing

Online learning with Mrs Denning - Mondays, Wednesdays, Thursdays

Cross Country @ Hannamvale PS – Wednesday April 2, 8:30am – 2pm

CPR Training @ Lansdowne PS – Tuesday April 8, 1pm – 2pm

Froggy pond fun

Last Friday our students were divided into 3 groups, Speckley frog, Spikey frog and Spotty frog. Their task was to investigate our 2 frog ponds and ensure all students were actively involved. The groups created a news report that featured interviews from froggy pond residents. Stay tuned to view our froggy interviews.

Breakfast program

Last year, our school applied for a grant to run a breakfast program, 3 mornings a week at our school.

We are delighted to inform you; our application was successful!! Yah!! Students will have the opportunity to come to school “a little earlier” and have breakfast with their friends.

Upper Lansdowne PS, is a very special school,

2025 P&C

An enormous thank you to the families who attended last Monday's P&C meeting, who met to elect the 2025 P&C office holders and discuss 2025 fund raising opportunities. I would like to take this opportunity to the 2024 P&C members for their tireless support of our school. Kathy, Lorraine and Jason's support accounts for a combined 30 years. Upper Lansdowne THANKS YOU!!

2025 office bearers:

President – Karina Davis

Treasurer - Zoe Laing

Secretary – Shelley McClure

Zoo Snooze @ Taronga Zoo

In 2 weeks, our older students will participate in a Zoo Snooze experience.

They will travel by train to Sydney, take a ferry to Taronga Zoo and participate in “sleep over” experience at Taronga Zoo.

The next day, our students will explore the zoo in “daylight”, travel back to Circular Quay by ferry and explore the area around the Opera House.

It will be all aboard the “Zoo Snooz” train which is expected to arrive back in Taree at 8.15pm.

Spirit Wellbeing @ Upper Lansdowne PS

Each newsletter will feature a:

- medical snippet
- let's get active snippet
- lunchbox snippet
- recipe snippet
- student Spirit Star

Medical Snippet

Symptom checker

The Symptom Checker advises if you should see a doctor or care for yourself at home. It will ask questions about your symptoms and takes an average of 6 minutes.

They are a government-funded service, providing quality, approved health information and advice [link - please click](#)



Let's Get Active Snippet

This link provides fun ideas for children's play dates, sleep overs or parties [click link](#)

Lunchbox Snippet

[click link](#)

Frittata Egg Muffins - make for a quick easy to make lunchbox main or light meal



Recipe Snippet

Sweet Potato & Apple Quinoa Salad - [link](#)



Sweet Potato & Apple Quinoa Salad

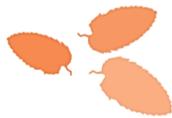
Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: apple, mint, mixed baby greens, onion, parsley, sweet potato

Equipment:

metric measuring cup and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
2 large bowls
2 baking trays
medium saucepan
mixing spoon
serving bowl

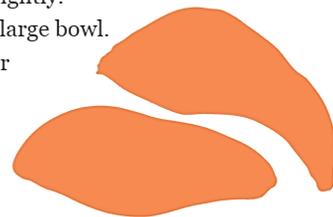


Ingredients:

1 medium sweet potato, diced into 1 cm cubes
1 tbsp extra-virgin olive oil, plus an extra 1 tsp for roasting
1 cup quinoa, uncooked
1½ cups water
½ medium red onion, peeled and thinly sliced
1 small handful of flat-leaved parsley, chopped
2 large Granny Smith apples, diced into 1 cm cubes
¼ cup apple cider vinegar
1 small handful of mint, chopped
3 small handfuls of mixed baby greens
salt, to taste
freshly ground pepper, to taste

What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Coat the sweet potato pieces with 1 teaspoon oil in a large bowl.
4. Pour the sweet potato onto a baking tray and roast for 15–20 minutes.
5. Cook the quinoa using the absorption method: bring 1 cup of quinoa and 1½ cups water to boil in the medium saucepan. Simmer until all the liquid has been absorbed (about 10 minutes).
6. Pour the cooked quinoa onto a baking tray and allow it to cool slightly.
7. Mix the onion, parsley, apples, 1 tablespoon oil and vinegar in a large bowl.
8. Combine with the rest of the ingredients and add salt and pepper to taste.
9. Transfer to a serving bowl.





Spirit Star

Ochre:

What pets do you have? **A dog called Django**

What is your favorite food? **Pizza**

What do you like best at school? **Playing with my friends**

What do you like doing when you're not at school? **Going to back beach**

Please tell us one more thing about yourself? **I have two dreamcatchers in my bedroom**



Spirit Star

Zarlei:

What pets do you have? **Willow the dog, Magic the horse, Silver the cat**

What is your favorite food? **Watermelon**

What do you like best at school? **Spelling**

What do you like doing when you're not at school? **Trail horse riding**

Please tell us one more thing about yourself? **I love animals**

School Attendance Matters

Every day matters for your child's learning and the evidence shows regular school attendance will help your child to have the best opportunity to learn and improve their wellbeing. Missing a day here or there may not seem like much, but absences add up.

If a child is absent for ten days in a term, this means the child has missed 20% of the term's learning. Multiply this by 2 or 3 terms, the child will have missed a significant part of the year's learning.

School attendance policy - [link](#)

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:

- Learn
- Make friends
- Build skills through fun

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight 	4 weeks	Over 1 year missed
1 day per week 	8 weeks	Over 2.5 years missed

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...

Learn

Make friends

Build skills through fun

education.nsw.gov.au

Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...	they miss days per year
5 mins per day 	3 days
30 mins per day 	18 days

Patterns of lateness can have a serious impact on your child's education.

education.nsw.gov.au



To play the clip, click the video pic.

This message in this clip is relevant despite being created by the Brisbane Catholic Education department.

School Drive Subsidy

A reminder to new families that the School Drive Subsidy is available in areas where there is limited or no public transport. The subsidy is intended to partly offset the cost of using a private vehicle to drive the eligible student all or part of the way to school.

“Kindergarten to Year 6”

- The distance to school exceeds 1.6 km (straight line distance) or is at least 2.3 km walking distance, and
- The distance to the nearest transport pick-up point (where available) exceeds 1.6 km (straight line distance) or is at least 2.3 km walking distance.”

Information guide - [link](#)

Apply for the subsidy - [link](#)

School Drive Subsidy Parent portal - [link](#)

Our P&C Return and Earn Fundraising Program!

We would love your support by keeping your bottles, cans and containers to cash in at a nearby Return and Earn machine. You can then select “Donate to Charity” on the App and search “Upper Lansdowne Public School”.



Term 1 2025

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN	1	27 Australia Day public holiday	28	29	30	31 School Devel Day
FEB	2	3 School Devel Day	4 School Devel Day	5 School Devel Day	6 First day Term 1	7
FEB	3	10	11 Music 9-10am	12	13 Athletics 2-3pm	14 Yoga & Library 2-3pm
FEB	4	17	18 Music 9-10am	19	20 Athletics 2-3pm	21 Yoga & Library 2-3pm
FEB	5	24	25 Music 9-10am	26	27 Athletics 2-3pm	28 Yoga & Library 2-3pm
MARCH	6	3	4 Music 9-10am	5	6 Athletics 2-3pm	7 Yoga & Library 2-3pm
MARCH	7	10	11 Music 9-10am	12 NAPLAN testing window 12-24 Mar	13 Athletics 2-3pm	14 Yoga & Library 2-3pm
MARCH	8	17	18 Harmony Week 18-24 MAR Music 9-10am	19	20 Athletics 2-3pm	21 Yoga & Library 2-3pm
MARCH	9	24 NAPLAN testing window closes 12-24 MAR	25 Music 9-10am	26	27 Athletics 2-3pm	28 Yoga & Library 2-3pm
MARCH/ APRIL	10	31	1 Music 9-10am	2 Cross Country @ Hannamvale PS 8:30am-2pm Yrs 3-6	3 Athletics 2-3pm	4 Yoga & Library 2-3pm
APRIL	11	7	8 Music 9-10am CPR Training @ Lansdowne PS – Tuesday April 8, 1pm – 2pm Yrs 3-6	9 Easter Hat Making	10 Athletics 2-3pm	11 Last Day Term 1 Easter Hat Parade Out of uniform

